

# Split Pea Soup (CNPP)

Rating: ★★★★★

**Cook time:** 2hours, 30minutes

**Makes:** 5 Servings

A hearty soup of split peas, flavored with onion, carrots, celery, and thyme. This one-pot meal is sure to feed a hungry family.

## Ingredients

- 2 teaspoons** vegetable oil
- 1** Spanish onion (peeled and chopped)
- 3** carrots (scrubbed and chopped)
- 2** celery stalks (chopped)
- 1 teaspoon** dried thyme
- 2 1/4 cups** split peas (rinsed and picked over)
- 4 cups** low-sodium chicken or vegetable broth
- 6 cups** water
- 1/8 cup** lemon juice

## Directions

1. Put soup pot on the stove on medium heat. Add oil when the pot is hot.
2. Add onion, carrots, celery and thyme and cook 10-15 minutes, until tender.
3. Add split peas, stock and 4 cups water. Raise the heat to high and bring to a boil.



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	329	
Total Fat	4 g	6%
Protein	23 g	
Carbohydrates	54 g	18%
Dietary Fiber	20 g	80%
Saturated Fat	1 g	5%
Sodium	124 mg	5%

## MyPlate Food Groups

Vegetables	1/2 cup
Protein Foods	4 1/2 ounces

4. Lower the heat to low and cook about 2 hours, partially covered, until the peas have fallen apart. Check the soup during cooking. If more water is needed, add up to 2 cups. Skim off any foam that forms.

5. Serve right away or cover and refrigerate up to three days. Stir in the lemon juice just before serving.

## Notes

If you serve this soup on the following day, you may need to add more water, as it will thicken overnight.

USDA Center for Nutrition Policy and Promotion